

Coconut Crumb Matcha Muffins

PREP TIME: 20 minutes

TOTAL TIME: 55-60 minutes

Servings: 6 large muffins



Ingredients

Crumb Topping

1/4 cup whole wheat flour

1/3 cup coconut sugar

3 Tbsp coconut butter, melted

1 Tbsp coconut oil, melted

3 Tbsp unsweetened coconut flakes

3 Tbsp hemp seeds

1/8 tsp sea salt

2-3 tsp matcha powder, sprinkled over the top of each muffin once cooled

2-3 tsp powdered sugar, sprinkled over the top of each muffin once cooled

Muffin Batter

1/3 cup plain Greek yogurt + 3 Tbsp

1 large egg

1 large egg yolk

2 tsp pure vanilla extract

1 cup whole wheat flour

1/2 cup cane sugar

3 Tbsp unsweetened matcha powder

1/2 tsp baking soda

1/2 tsp baking powder

1/4 tsp salt

6 Tbsp coconut oil, softened

Preheat oven to 350 degrees. Line a large muffin pan with 6 large liners, or lightly oil with coconut oil to prevent muffins from sticking to the pan.

To make the crumb topping, melt coconut butter and coconut oil in a microwave safe bowl. Add flour, coconut sugar, coconut flakes, hemp seeds and sea salt to the melted butter and oil then stir to combine. Place mixture in the fridge to cool while you prepare the muffin batter.

To make the muffin batter add the yogurt, egg, egg yolk, and vanilla in a bowl and whisk to combine. Using a standing mixer fitted with a paddle attachment, combine the flour, sugar, baking soda, baking powder, and salt. Add softened coconut oil and half of the yogurt to the standing mixer and mix on medium speed for about 20 seconds. Add the remaining yogurt and continue to mix for 10 seconds. Stop the mixer and scrap down the sides of the bowl then continue to mix for an additional 10 seconds to fully incorporate all ingredients.

Remove crumb topping from the fridge and use your hands to gently break mixture into big crumbs. Fill each muffin liner 2/3 full with batter then sprinkle crumb mixture over the top of each muffin. Continue this process until all 6 muffin liners have been filled. Place pan in a preheated oven and bake for 35-40 minutes or until a toothpick comes out clean. Allow muffins to cool to room temperature then sprinkle with powdered sugar and additional matcha powder. These muffins are best served the same day, however will keep at room temperature for an additional day or two.